

# *Start training ... Ready, Set and Go!*

## *Washington Borough 5K / 1 Mile Fun Run*

**Saturday October 11, 2014**

**10:00 a.m. at Washington Borough Hall, 100 Belvidere Ave, Washington NJ**

**Date, Time, Place:** Saturday October 11, 2014 .Registration from 8:30 to 9:30 a.m. at the Parking Lot of the Borough Hall. 5k race starts at **10:00 am**; one mile Fun Run starts at **10:45 a.m.**

**Registration and Fees:** Pre-registration \$25 (by Oct. 3rd). Late and day-of-race registration with T-Shirt (While supplies last.) - \$30.. **KIDS FUN RUN fee is only \$10**

**T-Shirts:** Pre-registered Adult runners receive shirt on race day. Late and day-of-race Adult registrants receive on day of race while supplies last. \*kids will receive finisher medals\*

**Course Description:** 5K route is a rolling loop course in Historic Washington Borough. 1-mile fun Run is also a rolling loop course in downtown Washington.

**5K Awards:** Ceremony immediately following 5k. Awards to overall male/female. Awards 3-deep top males and females in: 14 under, 15-19,20-29, 30-39, 40-49,50-59, 60-69, 70+. Overall winners not eligible for age division awards.

**1 Mile Event:** Runners and walkers of all ages are welcome.

**Information:** [www.boro5k.com](http://www.boro5k.com) or by email at [5kRaceWB@gmail.com](mailto:5kRaceWB@gmail.com)

### **5k Race Registration Form**

Circle Event: 5K Run 1-Mile Fun Run

Name: \_\_\_\_\_ Age (on race date): \_\_\_\_\_ Birth: \_\_\_\_\_

Address: \_\_\_\_\_ E-mail: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Sex (circle): M - F

T-Shirt Size (circle one): Youth L Adult S Adult M Adult L Adult XL

**MAKE CHECKS PAYABLE TO:** Borough of Washington  
Mail registration form with payment to:  
Washington Borough Recreation Department  
100 Belvidere Ave  
Washington, NJ 07882

Check here if you wish to donate an additional \$2 to our Washington Borough Sharks Swim team. ☐

**Waiver;** I know that participating as a runner/walker in races and walks is a potentially hazardous activity. I should not enter, and participate in the Washington Borough 5k unless I am medically able. I, by entry into this event, release for myself and anyone on my behalf the Washington Borough Recreation Department and all donors and anyone or other organizations involved in the event, their employees, agents or representative, from all claims or liabilities of any kind of nature whatsoever arising out of my voluntary participation,. I know that running is potentially dangerous and I assume all risks.

Signature \_\_\_\_\_ (If under 18, parent signature) Date \_\_\_\_\_